

40 Facts about

FITNESS

Love Your Body & Improve Your Life

1 The world used to think a diet of fish, fruit and vegetables was the most proper in the world.

2 Determination is the only thing that will help you reach your goals.

3 Muscles in the body are more important than the brain.

4 The human body has more than 100,000 cells.



12 Forward locomotion is the only way to move in the world.

13 The human body has more than 100,000 cells.

14 The human body has more than 100,000 cells.

15 The human body has more than 100,000 cells.

16 In one day, some 100,000 children and teenagers take up smoking.

17 Almost half the human body's weight is made from one of three types of muscle.

18 The human body has more than 100,000 cells.

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The Fitness Fact A Guide To Diet Exercise And Sport

J Dewey



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